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HOUSEKEEPERS' CHAT

Friday, Sept. 9, 1932

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Subject: "Lamb Chops for Sunday." Information from the Bureau of Home Economics, U. S. D. A.

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Someday when you're having company for dinner and want a meat dish that is extra good and a bit fancy looking, ask your butcher to fix you some double loin lamb chops wrapped in bacon. He will cut these chops about an inch and a half or two inches thick, take out the bones and roll each one in a strip of bacon. Or you might order rib chops and have them "Frenched", which means to trim the rib ends bare. You can serve these with a little frill of white paper around the rib end.

Lamb chops, as you know, may be cut from the loin, rib or shoulder. Loin and rib chops may be cut single or double thick. All chops are excellent broiled either by direct heat or in a heavy uncovered skillet. If you do the broiling properly, they'll come out juicy and golden brown. You can broil by direct heat from live coals, from an electric grill or from the flame of a gas oven.

If you use a gas oven, you'll want to place the chops two or three inches below a moderate flame. Sear them on both sides first. Place double rib chops fat side up at first so that they will also sear along that edge. After searing, lower the flame and finish the cooking at reduced temperature. Turn the chops occasionally but don't prick the brown crust for that will let some of the juice out.

Double chops are sometimes hard to cook through to the center when you are using a broiler. So some good cooks sear them in the broiler and then transfer the broiler to a moderately hot oven to finish the cooking.

Some people prefer to pan-broil their chops instead of broiling by direct heat. In pan-broiling you get the heavy skillet just sizzling hot before you put the chops in. Lay in the chops and sear them quickly on both sides. Thick chops need to be turned on the edge also to brown the fat. Now reduce the heat, turn the chops frequently, and finish the cooking at low temperature. Leave the skillet uncovered. And don't add a bit of water. But from time to time pour off the excess fat so the chops will broil, not fry.

If you are pan-broiling very thick chops, you might sear them in the skillet. Then after searing, slip a rack under them and finish the cooking in a moderately hot oven.

Now for some facts and figures. You know the meat cookery specialists have made a very careful study of this matter of cooking lamb chops. And they have scientific data on time, temperature and so forth. They report that by either direct broiling or pan broiling, double lamb chops require twenty-five



to thirty minutes and single loin chops require only 10 to 15 minutes. As for rib chops, the double thick ones require 30 to 35 minutes while the single ribs require 10 to 15 minutes. Shoulder chops require 10 to 15 minutes.

There. That's our lamb chop story for today. But wait a minute. I believe I forgot to tell you the end of the story. The final chapter is this. Place those golden brown juicy broiled chops immediately on a hot platter. And season them with salt, pepper and melted butter. And garnish them with fresh sprigs of parsley or watercress. And then listen to the "ohs" and "ahs" of the family and the guests when the platter comes on the dinner table.

The flavor of lamb goes especially well with certain relishes and vegetables. These are worth thinking about when you are planning a lamb menu. Crisp green salads that are tart and full of flavor also add zest and color to a lamb meal.

First let's consider the relishes for lamb. I know six especially good ones. Mint sauce and mint jelly, of course. Then currant jelly, guava jelly, spiced conserves and pickles and horse radish sauce.

Now for the vegetables. Peas are the chief favorites with lamb. But onions, spinach, string beans, asparagus, turnip and cauliflower are also excellent.

As for the salads, just plain crisp lettuce with tart French dressing is one very good choice. Tomato, cucumber and lettuce is another. Grapefruit sections on lettuce, or that interesting combination of little kumquats on a bed of endive and watercress--these two salads with french dressing are also just the thing for a lamb meal.

Well, for Sunday, since Uncle Ebenezer's cousins are coming to dinner, we're going to have lamb chops, double lamb chops, served with tart red currant jelly. The vegetables will be buttered new green peas and sweet corn on the cob; Heated rolls - And the salad will be tomato, cucumber and lettuce salad with Roquefort cheese dressing.

Dessert? Let's see. What is the ideal dessert for a lamb dinner? I vote for mint ice cream. Your green cookbook has a delicious recipe for that. Or, vanilla ice cream with a fruit sauce. And after-dinner coffee.

There. Maybe I'd better review that Sunday dinner menu once again. Double lamb chops broiled; Currant jelly; Buttered green peas; Corn on the cob; Heated rolls; Lettuce, tomato and cucumber salad with Roquefort cheese dressing; Mint ice cream or vanilla ice cream with fruit sauce; and Coffee.

Several of my friends have been sending in household discoveries lately. Many thanks for these helpful hints. I'm going to pass a few of them along today.

A little ordinary floor wax can help in many places around the house beside the floor. One housekeeper writes me that she applies wax to the woodwork around the handles of drawer and cupboards. It restores the luster lost by numerous washings and at the same time it saves future washings by protecting these spots from soiled fingers. Wax also keeps drawers and doors from sticking.





And speaking of waxed floors here's a hint from a wise woman who believes in safety first at home. She sews on a triangular piece of corrugated rubber under each corner of her small rugs. This prevents the rug from curling and also from sliding and slipping on the polished floor. Many a dangerous fall has come from a sliding rug.

If you have a wooden drain board in your kitchen, you may be interested in hearing that one good housekeeper applies waterproof varnish to her sink drainboard to keep it from getting stained and watersoaked. She put on a coat or two when the board was new and she applies other coats every now and then.

If you ever do any sizable job of painting in your home, you may find this idea helpful. You know how paint will drip when you are doing walls and wood-work in a warm room, and especially how it drips if you are painting the ceiling. Buy a small rubber ball, cut it in two, punch a hole in the middle of one half of it and slip over the handle of the paint brush. This rubber cup will catch any paint that starts to run down the handle.

Let's see. We have just about time for a couple more suggestions. Here's a good idea about curtains. Before you wash your curtains this fall, measure then and mark down the dimensions. Use a little card or a page in your notebook and jot down the number of inches in length and width. For example, you might write bedroom curtains- 40 X 72 inches; living room curtains - 38 X 72 inches and so on. Before you dry your curtains, refer to this record and set your stretchers accordingly. Then they'll dry just the right size and won't shrink or stretch. If you send your curtains to a cleaner or a laundry, send this record along with them and they'll come home the right size.

A friend from La Crosse, Wisconsin has written to ask for a recipe for Jefferson Davis pie. We've been scouring our files of old Southern recipes to find such a recipe. I'm afraid I haven't time today to tell you what we've discovered, but if you'll listen in on Tuesday, next Tuesday, you shall have all the facts we can find about this old favorite.

Monday, as I don't need to tell you, is another saving day and I'm very likely to tell you about some economy ideas from good housekeepers I know. Of course, we'll have an economy menu on Monday, also a recipe to go with it.

